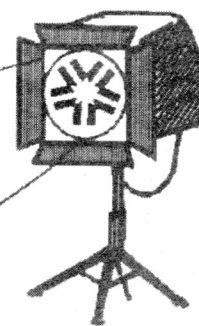


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XX, ISSUE 7

A newsletter for D.C. Seniors

July 2005

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Hotter than July. Those could have been the words used to describe some of the first days of June. Hopefully, that wasn't a sign of how our summer will be.

But if this is the case, please make sure you take precautions to stay cool and eliminate any chance of becoming a victim of heat-related illnesses. You can become a victim if your body can't cool as fast as it is heating.

Too much heat can kill, and is especially unsafe for older people and children. Make sure you follow the tips that we have listed for you in this issue, and check on your neighbors and homebound loved ones and friends.

If you can't stay cool in your home, go to one of our senior programs in your community before 11 a.m. When out at family gatherings, limit alcohol and beverages containing caffeine. Drink more water; it is better for you.

Seniors caring for children, please take advantage of the getaway the Office on Aging and D.C. Parks and Recreation have planned for you. The **United Generations Camp** is scheduled for August 15 to 19 at Camp Riverview in Scotland, Md.

You may leave the children home or bring up to three of them with you — we'll take care of them so you don't have to. Call 202-282-0753 to sign up today. Everybody needs a break.

Enjoy Your Summer!

Important Note on 911 and 311 Calls

Occasionally our communications center is overwhelmed with 911 & 311 calls. If you get a recording, don't hang up; if you call back, you'll have to wait all over again. Stay on the line, and someone will assist you as soon as possible.

Don't get too hot!

Here are some tips for staying Safe and Cool during the hottest days of summer:

- ★ Drink plenty of fluids
- ★ Decrease exercise and drink 2 to 4 cups of liquid hourly
- ★ Wear light-colored, loose-fitting clothing
- ★ Move slowly when it is hot
- ★ Stay inside during the hottest parts of the day
 - ★ Cool home air to 78 to 80 degrees
 - ★ Close drapes against direct sunlight
 - ★ Stay inside until it is cool
- ★ Wear a light hat with a brim and sunglasses
- ★ Rest often in shady areas

FOR LOCATION OF PUBLIC COOLING CENTERS

Call 202-727-6161

SENIORS NEEDING FANS AND ENERGY COST ASSISTANCE

Call 202-673-6750

**HYPERTHERMIA HOTLINE
FOR HOMELESS AND PERSONS AT RISK**

202-399-7093



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Take A Stroll Down Memory Lane

They came in bonnets, frocks, caps and knickers to celebrate the Second Annual "Old Fashioned Day" at the Downtown Clusters Geriatric Day Care Center.

There were many artifacts on display, including antique tools and photos, and participants sat at tables marked with street signs like "Remember When Lane." The path into the room was also a memory lane, with years and dates in history marking sports achievements, inventions, births and deaths, and more historical milestones.



The Old Fashioned Day winner was Coretta Steele (left).

"The Way We Were" was the theme for the event, which featured a contest of participants in attire of a different era. The winner, dressed in a green calico dress with a matching bonnet trimmed with silk flowers, was Coretta Steele. She resembled a lady who would ride a stagecoach across the frontier.

Second Place went to Ametia Johnson, who wore a flowered bonnet trimmed in wide lace and matching flowered dress. The Third Place winner was visitor Henry Lonon, wearing corduroy knickers, with argyle socks, a colored knit sweater and a tweed gentleman's cap.

The speaker for the occasion was Clarence Davis, Historian, District of Columbia. He reminded the audience of the origin of many customs and practices. One of these is hoe cakes, which were made in the field. The grain was crushed by the hoe, and after the cake was formed, it was placed on the same hoe to cook over a fire.

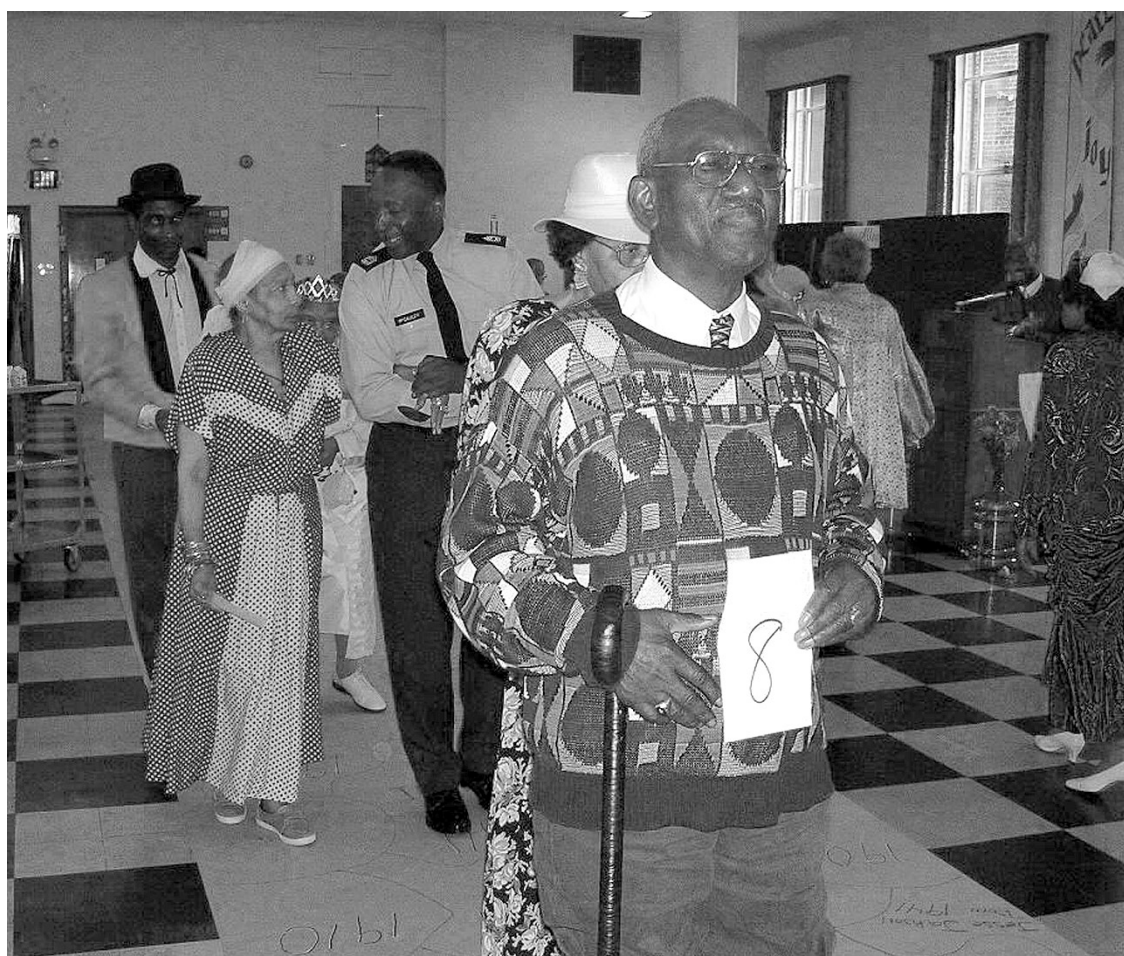
The event also featured performances and service by two local youth groups, a Wilson Elementary School Girl Scout troop and Junior ROTC Cadets from Wilson High School.

Chester Chandler from Memphis Gold played the blues, including "The Eagle Flies on Friday." Participant Howard Culbertson also played some jazz tunes on the piano to the enjoyment of all. Participants at EOFULA, the Spanish Senior Center sponsored by the Office on Aging Senior Service Network, also performed two numbers.

Thomye Cave, executive director of Downtown Cluster's Geriatric Day Care Center, was dressed with the Charleston in mind, wearing long pearls neatly knotted, a red fringe dress, and matching silver and red hat with feathers. The center was opened in 1976, and one of the founders, Eloise Jones, was present at the event and served as a judge. Ms. Jones is the inspiration behind the annual Old Fashioned Day Celebration.



Second Place winner Ametia Johnson smiles for the camera.



Third Place winner Henry Lonon walks down memory lane.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

July events

1st • 10 a.m. to 2 p.m.

The Greater Washington Urban League Division of Aging & Health Services will host a Ward 8 Senior Celebration for the Fourth of July with a safety and health fair. Call Tia Carter or Vivian Grayton at 202-373-1860 for more information.

1st, 5th and 6th • 11 a.m.

The Phillip T. Johnson Senior Center, located at 3200 S St., S.E., is hosting a discussion titled "Three Keys to Independence," during which participants will be asked to name three entities that are the foundation of their independence. Call 202-584-4431 for more information.

7th • 11:30 a.m.

The Greater Washington Urban League Division of Aging & Health Services will host an information seminar on consumer information at Asbury Dwelling Senior Nutrition Center at 1616 Marion St., N.W. For more information call Vivian Grayton at 202-529-8701.

7th • 1 to 3 p.m.

IONA's Reminiscence Group will meet to discuss the topic "Defining Moments in Our Lives" at 4124 Albermarle St., N.W. For more information call 202-895-9448.

7th • 1 to 4 p.m.

On the first Thursday of every month, a health insurance counselor comes to IONA at 4124 Albermarle St., N.W. to answer questions about Medicare, HMOs, long-term care insurance, paying medical bills, paying for prescription drugs and other issues. For an appointment call 202-895-9448.

7th • 2:30 to 4 p.m.

Join IONA Senior Services, located at 4124 Albermarle St., N.W., for tea and piano music. For more information call 202-895-9448.

9th

The United Planning Organization Weekend Nutrition Program will sponsor an outing to the Magic Johnson Movie Theatre at 800 Shoppers Way in Largo, Md. Call 202-610-5857 for more information.

11th and 18th • 10 a.m. to 3 p.m.

The AARP Driver Safety Program is a defensive driving class offered by IONA Senior Services at 4124 Albermarle St., N.W. It is required to qualify for the auto insurance discount many companies offer. The fee is \$10 payable on the first day of class. Call 202-966-1055 to register.

16th • 12:30 p.m.

The United Planning Organization Weekend Nutrition Program will host an ice cream social at 1649 Good Hope Rd., S.E. Also, get current nutrition information on the benefits of calcium. Call 202-610-5857 for more information.

19th

The Barney Neighborhood House senior program Annual Hoedown will be held at Barney Nutrition Centers. There will be food and fun for all seniors over 60. Reservations are required. Call Donna Ellis at 202-939-9020 for reservations.

21st • 11 a.m.

The Greater Washington Urban League Division of Aging & Health Services will host an information seminar on Medicare fraud at Edgewood Terrace Senior Nutrition Center, at 635 Edgewood St., N.E. For more information call Vivian Grayton at 202-529-8701.

21st • 1 to 3 p.m.

IONA's Reminiscence Group will meet to discuss the topic "Happy Beginnings and Fond Farewells" at 4124 Albermarle St., N.W. For more details call 202-895-9448.

23rd

The United Planning Organization Weekend Nutrition Program will take a cruise on the *Spirit of Washington*. Call 202-610-5857 for more information.

Ongoing

1st, 8th, 15th, 22nd & 29th • 1:30 p.m.

The Washington Senior Wellness Center, located at 3001 Alabama Ave., S.E., has Games-a-Plenty every Friday afternoon. Games include bid whist, pinochle, Scrabble, Skip Bo and Phase 10. Call 202-581-9355 to sign up.

7th, 14th, 21st and 28th • 11:30 a.m.

Pounds Away, a weight management support group that focuses on goal setting and nutrition, meets every Friday at the Washington Senior Wellness Center, located at 3001 Alabama Ave., S.E. Call Doris Fields at 202-581-9355 for more information.

7th, 14th, 21st and 28th • noon

The Washington Senior Wellness Center, located at 3001 Alabama Ave., S.E., has tai chi classes every Thursday to help improve balance and memory. Call Eugene Bernard at 202-581-9355 for more information.

Sat. & Sun. • 10 a.m. to 3 p.m.

The United Planning Organization Weekend Nutri-

tion program continues to recruit members to join its program for a hot, nutritious lunch, a host of health-promotion activities and recreational activities every Saturday and Sunday at 1649 Good Hope Rd., S.E. Call 202-610-5857 for more information.

Thursdays • 11 a.m. to noon

IONA Senior Services will host a support group for those with early stage Alzheimer's disease or other related dementia every Thursday for eight weeks starting July 7. There is no fee but donations are accepted. IONA is at 4124 Albermarle St., N.W. To register call 202-895-9448.

Tues., Weds. and Thurs. • 8 to 9 a.m.

Every Tuesday, Wednesday and Thursday morning, the Washington Senior Wellness Center hosts a senior's summer walking program at the Hillcrest Recreation Center walking trail, located at 32nd and Denver streets, S.E. Call Annie Resper at 202-581-9395 for more information.

Mondays and Wednesdays 9:50 a.m. and 1 p.m.

The Washington Senior Wellness Center, located at 3001 Alabama Ave., S.E., has morning and afternoon classes on health and nutrition. A doctor's release form is required. Contact Vanessa Williams-Harvin at 202-581-9355 to join.

The Washington Senior Wellness Center has a senior tennis group at tennis courts in Hillcrest. Call Pat Giles at 202-581-9355 for more information.

The Washington Senior Wellness Center, offers a line-dancing class to help enhance memory function and prevent Alzheimer's while having fun. Call John Hudson at 202-581-9355 for more information.

The Washington Senior Wellness Center has a six-week golf training program for seniors. Call 202-581-9355 for more information.

The Washington Senior Wellness Center, has a women's support group that involves guest facilitators and journal writing. Call Vanessa Williams-Harvin at 202-581-9355 for more information.

July is Phone-a-Friend month, and the Phillip T. Johnson Senior Center, located at 3200 S St., S.E., is promoting socialization and fellowship among seniors, especially those who are homebound or who live alone. There are many benefits to all who engage in this activity.

EMPLOYERS WANTED!

Employers are needed to hire District residents 55 and older to fulfill their full time and part time employment needs. Employers gain mature dependable, safety-conscious and hard working employees for a wide range of positions.

The D.C. Office on Aging Older Workers Employment and Training Program (OWETP) provides employment and training opportunities for District of Columbia residents 55 years of age and older. The program can match your labor needs with qualified job seekers. This service is provided free of charge.

For more information contact:

D.C. Office on Aging, Older Worker Employment and Training Program
441 Fourth Street, NW, Suite 950, Washington, D.C. 20001 • 202-724-3662



D.C. OFFICE ON AGING NEWSLETTER

DMV Implements Changes and Enhancements



categories of disabled parking placards that are more responsive to short-term disabilities (such as knee surgery, etc.) and the accommodation of short-term visits by disabled persons to the District.

In addition, unnecessarily onerous practices — such as multiple forms, notarization requirements and inability to fax information — have been eliminated. The medical section of DMV's general driver's license application has also been revised, eliminating questions that were not directly required to determine medical eligibility to drive.

In June, the Department started sending re-

newal notices six months in advance of a license expiration to residents age 74 and older, giving them ample time to schedule the written, vision and road tests required for renewal. The tests have been a requirement of DC law since 1972, but laxly administered in the past.

The Department offers non-driver identification cards to those citizens who no longer drive, but require the official government-issued identification.

For additional information, contact the **Department of Motor Vehicles at 202-727-5000 or www.dmv.dc.gov**.

The District of Columbia Department of Motor Vehicles (DMV) has announced enhancements to its medical review functions. These services, which verify whether drivers are medically fit to operate vehicles, may now be obtained at all service counters at all four DMV service centers. Previously, they were available only in a special office at the downtown DMV headquarters location.

“We are committed to helping citizens complete their DMV transactions in fewer visits and in just one try.”

“Technology and training have been the keys to let us expand DMV's OneDone vision to our medical services,” said Anne Witt, DMV Director. “We are committed to helping citizens complete their DMV transactions in fewer visits and in just one try.”

Medical service enhancements include new

SPOTLIGHT ON AGING

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

United Generations Caregivers' Camp and Senior Fun Camp 2005

Sponsored by
THE DISTRICT OF COLUMBIA
OFFICE ON AGING
DC Office on Aging



DC Parks and Recreation

4301 Connecticut Ave., NW
Suite 240

Washington, D.C. 20008

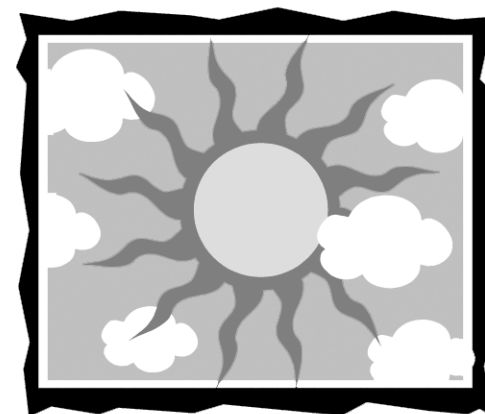
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“You Deserve a Break, Let Us Take Care of You”

Are you a caregiver?
Are you at least 60 years of age?
Do you care for a youth between 8 and 18?
Do you reside in the District of Columbia?

If your answer is yes to these questions, then we want to take you away for a week of rest, relaxation and fun at Camp Riverview, along the Potomac River, in Southern Maryland. Here's your chance to get away and not worry about the kids. We'll take care of them while you have **FUN FUN FUN!**

AUGUST 15 –19, 2005

Best of all, it's **FREE FREE FREE!!!**

Non-caregivers fee is \$30 per person / Non-residents \$75

Caregivers may bring up to three (3) youth for whom they provide primary care.

For more information, call us. We want to tell you more!